

Sports★Com Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-press 6:15-5:45 p.m.		X-press 6:15-5:45 p.m.			
	Tai Chi 7:00-7:45 a.m.		Tai Chi 7:00-7:45 a.m.			
Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Step/Tone 8:30 - 9:30 a.m.	
Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00 a.m.		
B-B-C 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00 p.m.	Step/Tone 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00 p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00 p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. Consists of high, moderate and low impact movements with weight training.

Core Energy

This class concentrates on stabilization, alignment and core strength. Consists standing moves and floor work with significant abdominal and lower back work.

Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps and even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Step/Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

Yoga

This class focuses on improving balance and flexibility as well as assisting in reducing stress. For beginning and intermediate levels.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, consists of standing and moving postures.

X-Press

30 minutes of straight weight lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.

